What's Happening

NOVEMBER/ DECEMBER 1984

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, November 6, 13, 20 and 27 and December 4, 11 and 18. Meet in the lobby of the Medical Sciences building, 513 Parnassus Ave. For further information call 666-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 303 Health Sciences West (enter through Medical Sciences lobby, 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

Nov. 7: **MSG.** What monosodium glutamate, the taste enhancer, does to your heart & brain.

Nov. 15: **Exploring Dental Myths.** New bonding materials, dental radiation, fluorides, dental disease.

Nov. 21: **De-Mystifying Healthy Eating.** How to eat well, enjoy food, be thin.

Nov. 28: **Mysteries of the Immune System.** Why it breaks down, leading to cancer & AIDS.

Dec. 5: **Diabetes—What's New?** Current methods of medical control & treatment.

Dec. 12: **Tibet: No More Shangri-La.** The winds of change blow in remotest Tibet.

MILLBERRY COOKING CLASSES

Held at 620 Sutter St. 6-8:30 p.m. Register at Millberry Union athletic desk, 500 Parnassus Ave. or call 666-1800.

Thurs., Nov. 8-29: **Fresh Pasta/Italian Cuisine.** $24.

Mon., Dec. 3: **Creative Hors D'Oeuvres.** $12.

WOMEN'S RESOURCE CENTER EVENTS

All events are free and held from noon-1 p.m. Call 666-5863.

Tues., Nov. 13: **Women's Health in Midlife, Preparing for Postmenopausal Zest.** Toland Hall, 533 Parnassus Ave.

Thurs., Nov. 29: **Everything You Always Wanted to Know About Your Pap Smear—But Were Embarrassed to Ask.** Co-sponsored by DES Action of the Coalition for the Medical Rights of Women. HSW 300 (enter through 513 Parnassus Ave.).

Tues., Dec. 11: **Getting in the Spirit.** Ideas on how to make a holiday season special. HSW 302 (enter through 513 Parnassus Ave.).

SPECIAL EVENTS/DATES

Thurs., Nov. 1: **Lecture/Slide Presentation: UCSF Visits China Medical College.** HSW 303 (enter through 513 Parnassus Ave.). Noon. Free.

Thurs., Nov. 1: **Leslie L. Bennett Lecture: Towards a Molecular Understanding of Cholesterol Metabolism.** Michael S. Brown, Genetics, U Texas. Cole Hall, 513 Parnassus Ave. 3 p.m. Free.

Fri., Nov. 2: **Mark Naftalin Blues Explosion.** A presentation by some of the most noted blues artists in the Bay Area. Students & Millberry Union members $4.50; general $6. Millberry Union Gym, 500 Parnassus Ave. 8 p.m.

Wed., Nov. 7, 21 & Dec. 5: **Neck & Back Self-Care Class.** $3. N 517 (enter through 521 Parnassus Ave.). Noon-1 p.m.

Fri., Nov. 9: **The First Lucile P. Leone Distinguished Professor in International Nursing: Forty Years of Primary Care in India.** Ruth Harnar, missionary nurse, New Delhi. Sponsored by the School of Nursing. N 721 (enter through 513 Parnassus Ave.). Noon-1 p.m. Free.

Wed., Nov. 14: **Migraine & Tension Headaches—How to Cope.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. Free parking available. Call 666-3206 or 666-2571.

Fri., Nov. 16: **Music Performance.** Anne-Marie McDermott, pianist. Millberry Union lounges, 500 Parnassus Ave. Noon. Free.

Wed., Nov. 28: **Ninth Annual Herbert McLean Evans Memorial Lecture: Molecular Actions of Steroid Hormones in Reproductive Target Tissues.** Bert O'Malley, Cell Bio., Baylor College of Med. Cole Hall, 513 Parnassus Ave. 2 p.m. Free.

Thurs., Nov. 29: **Robert B. Aird Lecturer: Stroke Mechanisms.** Frank M. Yatsu, Neuro., U Texas. S 664. 11 a.m. Free.

Wed., Dec. 5: **Hospitals Auxiliary Annual Holiday Gold Jewelry Sale.** Medical Sciences lobby, 513 Parnassus Ave. 8 a.m.-5 p.m. Call 666-4092 between 10 a.m.-2 p.m.

Wed., Dec. 5: **Premenstrual Syndromes—What They Are & How They Can Be Managed.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. Free parking available. Call 666-3206 or 666-2571.

Wed., Dec. 5: **Brain Tumor Research Center Benefit Gala: Celebrate Cyril.** Ramada Renaissance Hotel, 55 Cyril Magnin St., SF. $150. Call Madlyn Day, 433-7940. (See news item for details.)

NEW VOLUNTEERS ORIENTATION

To acquaint new & prospective volunteers with opportunities at UCSF. Call 666-1196.

Tues., Nov. 13. HSE 317 (enter through 513 Parnassus Ave.). 1-3 p.m.

Wed., Nov. 21. Rm. 130, Clinical Sciences, 521 Parnassus Ave. 6-8:30 p.m.

MASSAGE SERVICE

Millberry Union offers massages Mon.-Thurs., 3-8 p.m.; Fri., 12-2 p.m. & 3-8 p.m.; Sat., 3-7 p.m. UCSF students and Millberry Union members $9 half hour, $17 hour; general $13 half hour, $20 hour. Gift certificates are available. For further information call 666-1115 or visit the pool desk in Millberry Union, 500 Parnassus Ave.

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. For a complete listing of topics call 666-3206.

November

Senior Nutrition Issues. Senior Nutrition Program, Laguna Honda Hospital, 375 Laguna Honda Blvd.

Bone Care. Seventh Avenue Presbyterian Church Senior Center, 1329-7th Ave.

Drugs & Their Effects. Adath Israel Kosher Nutrition Center, 1851 Noriega.

Coping with Grief & Bereavement. Mission YMCA Senior Center, 4080 Mission St.

Cardiac Heart Care & Coronary Disease. California League for the Handicapped, 1299 Bush St.

Exercise for the Elderly. Diamond Senior Center, 117 Diamond St.

Arthritis. St. Philip's Senior Center, 725 Diamond St.

Communication with Your Doctor. Francis of Assisi Community Center, 145 Guerrero St.

December

Music Therapy. Senior Nutrition Program, Laguna Honda Hospital, 375 Laguna Honda Blvd.

Diabetes. Seventh Avenue Presbyterian Senior Center, 1329-7th Ave.

Kidney Stones, Gall Stones. Adath Israel Kosher Nutrition Center, 1851 Noriega St.

Health Myths & Aging. Mission YMCA Senior Center, 4080 Mission St.

First Aid/CPR. Francis of Assisi Community Center, 145 Guerrero St.

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus Ave. Children under 14 $1.50, UCSF students & Millberry Union members $2, general $2.50. For further information call 666-2571.

Thurs., Nov. 8: **Terms of Endearment.** 5:45 p.m.

Fri., Nov. 9: **Terms of Endearment.** 6:30 & 8:45 p.m.

Sat., Nov. 10: **Terms of Endearment.** 8 p.m.

Thurs., Nov. 15: **Testament.** 5:45 p.m.

Fri., Nov. 16: **Testament.** 6:30 & 8:30 p.m.

Fri., Nov. 30: **Bedazzled.** 6:30 & 8:30 p.m.

Fri., Dec. 7: **The Jungle Book.** 6:30 & 8 p.m.

Sat., Dec. 8: **The Jungle Book.** 11 a.m.

FOLK DANCING

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus Ave. 1-2:15 p.m.

OUTDOORS UNLIMITED/ WILDERNESS EXCHANGE

Outdoors Unlimited is located on Parnassus Ave., street level of old University Hospital between 3rd and 4th Ave. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information call 666-2078.

Tues., Nov. 6: **Rafting Safety Seminar.** Millberry Union Board of Governors Room. 8-11 p.m.

Tues., Nov. 13: **Welcome to Outdoors Unlimited.** OU Center. 7:30-8:30 p.m.

Wed., Nov. 14: **How To Buy Cross-Country Skis.** Millberry Union Madrone Room. 7 p.m.

Thurs., Nov. 15: **Outdoors Unlimited Cross Country Ski Tune-Up.** OU Center. 6:30 p.m.

Thurs., Nov. 15: **Broom Hockey.**

Fri.-Sun., Nov. 16-18: **Car Camping/Nature Exploration.** Salt Point State Park.

Sat. & Sun., Nov. 17 & 18: **Adventure First Aid.** Jughandle Farm, Mendocino.

Sat.-Sun., Nov. 17-25: **Open Boat Sailing & Sea Kayaking.** Baja Calif.

Tues., Nov. 20: **Slide/Lecture: Solo Sea Kayaking: The Inland Passage.** HSW 300. 7:30 p.m.

Wed., Nov. 21: **Introduction to Cross-Country Skiing.** Millberry Union Madrone Room. 7 p.m.

Wed., Nov. 21: **Canoeists Pool Session.** Millberry Union Pool. 9:30-11 p.m.

Tues.-Thurs., Nov. 27-29 & Tues. & Thurs., Dec. 4 & 6: **Jam Sessions.** Call 666-2078 for details.

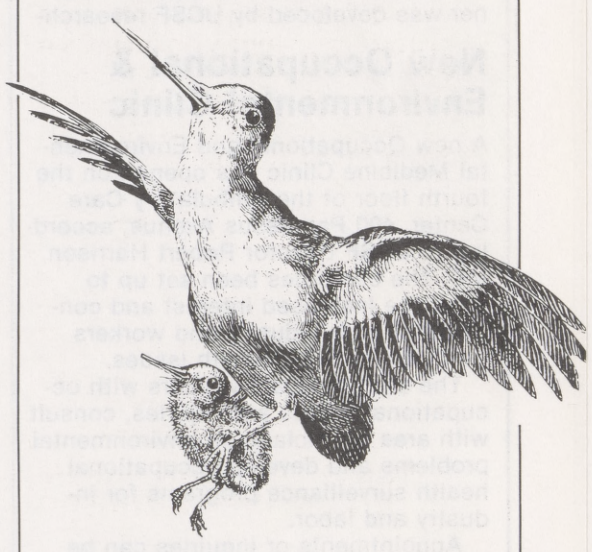
Sat. & Sun., Dec. 1 & 2: **Downhill X-C Skiing.**

Sun., Dec. 2: **Birdwatching/Brunch.** Golden Gate Park.

Wed., Dec. 5: **Mushrooming Clinic.**

Sat. & Sun., Dec. 8 & 9: **Full Moon Hot Springs Boogie; Your First Cross Country Ski Trip.** South Lake Tahoe.

Mon., Dec. 10: **Cardiopulmonary Resuscitation.**



Fri., Dec. 16: **Bird Watching.** South Bay.

Wed.-Tues., Dec. 19-25: **Christmas Ski Holiday.** South Lake Tahoe.

Thurs.-Tues., Dec. 27-Jan. 1: **New Year's Ski Tour.** South Lake Tahoe & Lassen.

UCSF

University of California, San Francisco
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TO OUR NEIGHBORS

November & December, 1984, Vol. IX, No. 6

Koret Donates $2.4 Million for Construction of Vision Research Laboratory

The San Francisco-based Koret Foundation has given a challenge grant of $2.4 million to UCSF for the construction of a planned Vision Research Laboratory. At its October 18 meeting the UC Board of Regents approved naming the building the Koret Vision Research Laboratory.

The gift, one of the largest in the city in recent years, brings to nearly $7.7 million the amount raised for the laboratory building, which will be the cornerstone of a proposed new UCSF Vision Research Center for the study of eye diseases. The goal of the fund-raising campaign for the laboratory is $10.25 million.

The Koret Vision Research Laboratory will fill a national need for a center of sustained basic and clinical research on eye disease which can lead to better prevention, diagnosis and treatment of eye problems. More than 11 million Americans now have significant and permanent visual impairment. The National Eye Institute has recognized the extreme need by awarding its largest construction grant ever—$708,000—to UCSF for the project.

The laboratory will bring together in one building 14 major vision research and teaching programs already under-way on the campus, but housed in scattered and often cramped locations all over the campus. Research currently underway at UCSF includes basic studies of the physiology and anatomy of the cornea and retina, work on eye diseases such as glaucoma, ocular tumors and infectious diseases of the eye, and studies of the pharmacology of the eye.

Researchers Find How Alcohol Harms Liver Cells

The first explanation of how alcohol may damage healthy liver cells is now reported by researchers at San Francisco General Hospital and UCSF.

Based on studies of liver cells from rats and human white blood cells, the work provides the first insight into how heavy alcohol consumption may lead to serious inflammation and cirrhosis of the liver in humans. The research was reported in the October issue of the *Journal of Clinical Investigation*.

The group showed that alcohol stimulates liver cells to attract white blood cells. Although these cells are usually seen as beneficial, they have a negative flip side if they begin to invade and attack the body's healthy tissues.

It is difficult to translate the laboratory results to humans, said H. Daniel Perez, MD, UCSF associate professor at the SFGH Rosalind Russell Arthritis Research Laboratory, but the amount of alcohol added to the rat liver cells was roughly equivalent to human consumption of less than a pint of alcohol.

Brain Tumor Research Center Benefit Dec 5

Tickets are available for the UCSF Brain Tumor Research Center Benefit to be held Wednesday evening, December 5, in conjunction with the grand opening of the new Ramada Renaissance Hotel, located on the newly-named Cyril Magnin St., just above Market and Fifth Streets, SF.

The gala, entitled "Celebrate Cyril," will honor the well-known San Francisco civic leader and philanthropist Cyril Magnin, and is expected to draw over 1,000 guests, including stage and screen celebrities from around the country.

Tickets at $150 each are available by calling Madlyn Day at (415) 433-7940.

The UCSF Brain Tumor Research Center treats people from around the country. Some 30,000 Americans are stricken annually with brain tumors, killing more children under 15 than any other disease except leukemia.

New Treatment to Stop Bone Mineral Loss

UCSF researchers are studying a new treatment which may cut back significantly the incidence of osteoporosis—bone mineral loss—which affects some 15 to 20 million Americans.

The long-term study will determine the effectiveness of a new treatment—ADFR—which promises to both halt bone loss and replace bone.

Osteoporosis is characterized by loss of bone mass with associated fractures, usually of the spine, hip or wrist. While bone fractures are not in themselves life threatening, osteoporosis can cause death because of complications from the disease. The disorder primarily affects women past menopause.

Women not older than 75, who have not had a menstrual period for a year or more and have evidence of osteoporosis, are needed for the study. For further information contact Rita Yee at the UCSF Bone Clinic, 666-1449.

There's No Business Like Show Business!

The UCSF Volunteer Office is coordinating a new weekly entertainment noontime show for patients. If you are a singer, dancer, mime, magician, stand-up comic, story-teller, reader of prose or poetry, slide/lecturer, or workshop or crafts coordinator, and would like to volunteer to entertain patients, please call 666-1196 weekdays, between 9 a.m. and 3 p.m. The first show is scheduled for Wednesday, November 21. Remember if you have ever been a patient or have known one, you know how slowly time can pass by.

First High-Speed CT Scanner Installed

The first high-speed computed cinetomography scanner, which takes pictures so fast it can image the beating heart, has been installed on the third floor of Long Hospital.

The Cine CT scanner is expected to be a significant new tool in the fight against heart disease, according to UCSF radiology and cardiology experts. Diseases of the heart and blood vessels are the most serious health care problems in the US, causing the death of one million Americans annually.

The new millisecond Cine CT scanner was developed by UCSF researchers led by physicist Douglas P. Boyd.

Conventional CT scanners have not been able to take scans fast enough to catch the heart muscle as it pulsates, making testing inadequate for early detection of disease, according to the UCSF researchers.

New Occupational & Environmental Clinic

A new Occupational and Environmental Medicine Clinic has opened on the fourth floor of the Ambulatory Care Center, 400 Parnassus Avenue, according to UCSF director Robert Harrison, MD. The clinic has been set up to meet the increased interest and concerns of both industry and workers over occupational health issues.

The staff evaluate workers with occupational illness and injuries, consult with area physicians on environmental problems and develop occupational health surveillance programs for industry and labor.

Appointments or inquiries can be made by calling 666-1841.

Smoking & Weight Study

Many people continue to smoke because they believe they will gain weight if they stop. UCSF's Habit Abatement Clinic in the Langley Porter Psychiatric Institute has added a new study to the stop smoking program to try to determine who will put on the extra pounds and why. Participants must be between the ages of 18 and 60. For further information call 681-8080, extension 453.

PG&E Award Recognizes Cost-free Maintenance

PG&E has awarded the campus $250,000 for participation in the company's Pilot Project of Maintenance Assistance to Non-Profit Institutions.

The purpose of the pilot project was to demonstrate that maintenance of mechanical equipment pays for itself by reducing energy consumption. UCSF was selected to receive funds for the maintenance of the new Long Hospital and the Health Sciences research towers.

PG&E will continue to monitor maintenance and measure energy savings.

Kukla, Fran and You

The UCSF Puppet Therapy Program has openings for volunteers who enjoy working with children. Volunteers are trained as puppeteers who put on informal shows designed to familiarize pediatric patients with hospital procedures and treatment, thereby relieving their fears and anxiety. Puppeteers use hand puppets and miniature hospital equipment in their shows and meet with each child on a one-to-one basis.

The current need is for volunteers who can work two-and-one-half hours a week during the mornings or afternoons for at least one year.

Volunteers must be at least 18 years old; previous experience with children or in the health field is desirable. All volunteers must complete an orientation and training program. For further information call program codirector Pat Stich at 666-2538.

RUSH—TIME DATED
NOVEMBER—DECEMBER, 1984

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News and Public Information Services
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TO OUR NEIGHBORS